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The growing problem of teenage drinking and alcoholism in the United States, especially among Indian segments of society, increases the necessity for adequate education concerning alcoholism. This document is prepared for the Bureau of Indian Affairs (BIA) schools to acquaint Indian students with social concepts of alcohol outside their cultural experience. It also attempts to acquaint students and teachers with the consequences of excessive alcoholic consumption. Although designed primarily as a curriculum guide for teachers and administrators, the document ca n be used as a text for students. It contains suggested activities for carrying out discussions concerning the responsibility of education and individual students in dealing with the problems of alcoholism. (DK)

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ALCOHOL AND AMERICAN INDIAN STUDENTS

U.S. DEPARTMENT OF HEALTH, EDUCATION & WELFARE
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BUREAU OF INDIAN AFFAIRS
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Revised edition, 1965

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FOREWORD

Concern is being expressed nationwide over the growing problem of teenage drinking. States have regulations which define the roles that schools should assume in teaching the effects of alcohol. A Federal law places a definite responsibility on us for teaching the effects of alcohol in Bureau schools. Alcohol and American Indian Students is published to help Bureau schools carry out their responsibility to the Indian students.

Alcohol and American Indian Students was written to give high school students an understanding of drinking habits of people of the world, some reasons why teenagers drink, and some results of uncontrolled drinking. The author's approach to the problem of drinking is objective, presenting the topic in plain, factual terms which any teenager can understand. The content lets them see their individual problems, why they may have them, and suggests some possible solutions.

One school staff has used this material in its counseling program. One youth who had a drinking problem read the material and said to the superintendent, "This is good; it makes me think."

It is my hope that each of you concerned with counseling students - administrators, teachers, guidance personnel, cooks, waiters, bus drivers, school nurses; in fact, everyone - will use this material to help the Indian student understand the effects of uncontrolled use of alcohol.

Hildegard Thompson
Chief, Branch of Education

WHAT IS THE PROBLEM?

Introduction

This booklet has been written especially for Indian teenage students. Experience has shown that many teenage Indian youths live in isolated communities that do not provide opportunities to get a broad understanding about what Americans do in other communities in regard to alcohol.

This is not a comprehensive study of the general problem of alcohol. No effort has been made to include many important items of knowledge. Examples of omission are the physiological effects of alcohol, legitimate medicinal uses, detailed legal relationships. These and many other items are fully covered in publications readily available.

The particular purpose of this study is to stimulate solid, continuous thinking by students and their teachers on a problem in which all Americans are enmeshed.

Let us think about ways in which you, the readers, are related to the rest of the Nation in understanding and dealing with this problem. In what ways is the problem confusing? How serious is it? Whom does it affect? How can we clarify our attitudes about it? What stand shall we take in regard to drinking among students or adults? How can we best proceed to deal with the problem to maximum good for all?

Who is an alcoholic?

There are different definitions of alcoholism. The point of view of some authorities[1] is that an alcoholic is a person whose personality is psychologically dependent upon alcohol, or a person whose physiological system has become habituated to alcohol. He is an addict, we say; something like saying a person is a drug addict. In other words, an alcoholic is a person who for some psychological

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[1]Pittman, David J. and Snyder, Charles R., Editors. Society, Culture, and Drinking Patterns. New York: John Wiley & Sons, Inc. 1962. pp. 310-312.

or physical reason is unable to control drinking. He can't quit drinking, and whenever he does drink he drinks to the point of intoxication. He doesn't stop because he can't stop!

Another authority defines an alcoholic in less technical terms. He says an alcoholic is a person, male or female, whose drinking of alcoholic beverages is causing a continuing problem in that person's life. He may not pass out when he drinks. He may be able to walk a straight line. He does drink rather frequently. But his wife gets upset about it. His marriage is busting up. His children are losing respect for him. For all practical purposes, this man has an alcoholic problem. This authority[1] considers such a person to be an alcoholic.

How widespread is alcoholism in the USA?

Americans are not the heaviest drinkers in the world but they stand near the top! The sheer magnitude of consumption of alcoholic beverages in the United States is indicated by the report that taxes alone, collected on alcohol, amount to over three billion dollars a year.

Another report states that in 1953 it was estimated that sixty-eight million adults were drinkers and that five million were alcoholics.[2] That was ten years ago. Today the number is higher.

Arrests for plain drunkenness in Washington, D. C. total 44,000 people a year; 26,000 in San Francisco; 66,000 in Chicago; 80,000 in Los Angeles. For the country as a whole, it is estimated that there are one million arrests annually for public drunkenness. This doesn't count those drunks who escaped getting caught drunk in public. That drinking involving law and order has reached enormous proportions is indicated by the fact that almost half of all criminal arrests relate to drunkenness, and half of the inmates in county jails are there for drinking.[3]

The problem of alcohol, however, is related to many other problems. The National Council on Alcoholism observes that alcoholism is the

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[1]Cain, Dr. Arthur H. The Cured Alcoholic. New York: The John Day Co. 1964. p. 33.

[2]Pittman and Snyder, op. cit. p. 283.

[3]Time Magazine, December 8, 1964. p. 52.

fourth most serious public health problem in the United States today. This is because uncontrolled drinking leads to physical sickness, malnutrition, crime, broken families, mental and emotional illness, loss of jobs, poverty, and premature death. Alcoholism is a "disease of society," it is said. Its extent is of national concern.

As future adult citizens, Indian youths have a responsibility to keep fully informed about such a national problem. Many young people who have personal problems list drinking as their Number 1 problem of personal concern.

Is drinking ever all right?

This is a kind of question on which people get very mixed up. For one thing, there are different views. Many religious groups throughout the world are bitterly opposed to drinking. They view it as a sin. Some other religious groups consider controlled drinking or temperate drinking as "all right."

Some communities prohibit drinking. Some counties are "dry" by county law. Some Indian tribes prohibit the sale of intoxicants on their reservations. Such prohibition may be for religious reasons, or because the people consider that drinking of alcohol is too risky and leads to many abuses.

No society considers alcoholism as a good thing.

However, many persons in the United States, perhaps a majority, look upon controlled drinking as having social value. Alcohol is used ritually by many groups at birth, marriage, coming of age, and in religious ceremonies. For centuries, in various parts of the world, poets, singers, dramatists have glorified wine, liquor, and beer in song, poetry, and folklore. Some persons sanction drinking and consequent frivolity as fostering acceptable "fun."

Medically, alcohol is used in connection with many drugs. Alcohol is often prescribed for aged persons or for certain conditions of illness. Alcohol is known to provide relaxation from fatigue, tension, or a sense of isolation when used in limited quantity.

In our national history, there have been periods in which widespread drinking was quite common. At other times, sale of alcoholic beverages has been prohibited by law. Each individual must determine whether drinking is "all right" or not, and under what circumstances.

For an alcoholic - or a person with strong alcoholic tendencies - all authorities agree that such a person must absolutely quit drinking, and quit completely for an extended period of time. We may summarize: It is never "all right" to engage in any uncontrollable conduct.

What are some problems associated with alcohol?

Recognizing that controlled drinking of alcohol can promote some satisfactions, one must not overlook the fact that drinking, particularly uncontrolled drinking, can destroy certain important satisfactions. The thinking person weighs the benefits against the losses.

Drunkenness can cause, for example, the loss of respect by one's friends, one's children or other loved ones. Here one should ask, "Is it worth it?" Drunkenness can lead to financial irresponsibility. Money needed for food, clothing, or other more important purposes, can be misspent. Debts can pile up.

Health can be neglected. One can get killed in an accident as a result of drinking. A drunken automobile driver can maim or kill others and do harm that cannot be repaired.

In better-paying jobs, drunkenness can lead to loss of one's job and lead the entire family into poverty. Drunkenness leads to other crimes: fighting and attacking other persons, destruction of property, theft, sexual immorality.

Drunkenness often leads to quarreling with one's wife and friends. More than one-third of the alcoholics are classified as extremely aggressive.[1] Prealcoholics, meaning persons moving toward alcoholism, exhibit unrestrained aggressiveness. They are not nice persons to be around when drinking. Alcoholism is invariably antisocial.

Alcoholic parents are more likely to be erratic - either very harsh in disciplining their sons, or very lax in holding them up to good standards of behavior. This can lead children into very difficult personal problems and harm the development of their personalities.

Drunkenness can lead to unwanted pregnancy and illegitimacy - a serious handicap to the child. The drunken female who thought she was being loved may wake up to find it was all a fake.

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[1]Pittman and Snyder, op. cit. p. 421.

Drunkenness actually may aggravate one's personal problems, leading to more severe loneliness, great anxiety, increased shame and regret - all sorts of other personal problems. Such problems do not go away. They must be faced. Drunkenness can make personal problems more difficult to face. In fact, authorities observe that drinking which takes place frequently when one is already under stress of some sort is an almost sure road to alcoholism.

What problems particularly affect young persons?

Boys and girls at the adolescent ages are in process of growing into manhood and womanhood. Into maturity. In many ways they are too old to be children; too young to accept adult responsibilities.

This puts them in between childhood and adulthood. They often feel "left out," or in between and not belonging to any group! This leads to emotional instability, uncertainty, sensitivity. Adolescents exhibit much tension, and shift often between extremes of contradictory behavior.

As described in one book about human development, "adolescence is often marked by contradictory psychological expressions: Egoism and altruism, pettiness and generosity, sociability and loneliness, cheerfulness and sadness, silly jocularity and over-seriousness, intense loves and sudden abandonment of these loves, submission and rebellion, materialism and idealism, rudeness and tender consideration - all are typical."[1]

As a result of this difficult period in growing up, confusion about drinking may be at its height. The attitudes of a student toward drinking, say five years ago, are now changed over what they formerly were. And five years from now, the student's attitudes will be still different. His attitudes, in short, are in transition.

It has been reported that teenage drinking is on the increase nationwide. More and more teenagers are drinking at earlier ages. "Many of

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[1]Jones, Harold E. "Adolescence in Our Society" from "Anniversary Papers of the Community Service Society of New York," The Family in a Democratic Society. New York: Columbia University Press, 1949, pp. 70-82. Reprinted by permission of the author and Columbia Press, The Adolescent - A Book of Readings, Seidman, Jerome M., Ed.

the heavy drinkers, incredibly enough, were 11, 12, and 13 years old.... and the dangerous age was 14, when the young adolescent first seeks to prove his manhood via alcohol."[1]

Such conduct reflects the confusion of our times and leads the young person into impulsive and rebellious acts of which he or she may later be ashamed. Adolescents fail to realize that "drinking an intoxicating liquor is an adult privilege which carries with it the obligation of control."[2]

"Adults should warn their sons and daughters that alcohol must not be used as a psychological crutch."[3] Shyness and lack of self-confidence are typical of teenagers. Inner security - not alcohol - is needed to develop personality, popularity, and maturity. Getting up temporary courage to go to a dance, by taking a swig of an alcoholic drink, will hinder rather than help a young person develop dependable courage to face life's problems.

Adolescent persons also are going through bodily changes during the period of adolescence. These changes come so suddenly and are so powerful that many youths have not learned how to handle them. This is what is perhaps behind the fact that so many prealcoholic youths tend to be sadistic. They purposely indulge in acts which cause physical or mental pain to themselves or others. Intentional self-torture!

Also, because of physiological changes taking place during adolescence, prealcoholic or near-alcoholic adolescents experience considerable sex anxiety which looms large at this period in their lives. This is a particularly worrisome stage in one's life.

In this anxiety about sex, the adolescent and the alcoholic often tend to be homosexually inclined. The growing boy may deviate from the role of adjusted male behavior.[4]

Students may well profit from further study and discussion of such matters as physiology of adolescence, boy-girl relationships for mature growing-up, and personal problems to be expected in adolescence.

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[1]Shearer, Lloyd. "Does Your Teenager Drink?" Parade Magazine. November 15, 1964.

[2]Ibid.

[3]Ibid.

[4]Pittman and Snyder, op. cit. pp. 426 and 435.

Drinking, petting, money, careers, how to make friends, academic grades, and many other problems appear on the list of things that worry students today. But always at the top of such a list is concern over drinking. Everywhere, this is a problem that particularly colors adolescence in the USA.

Summary

The problem of control of alcohol is nationwide. The problem of law violation resulting from teenagers' drinking and from behavior associated with alcohol is a serious national problem.

Problems about drinking continue throughout life. They are particularly acute in adolescent ages. Many other problems connected with adolescence are aggravated by teenage drinking.

Time and energy that could be used more productively by students, parents, and teachers are dissipated as a result of student drinking. This is not fair to the sober and serious students.

DIFFERENT CLASSES HAVE DIFFERENT DRINKING CUSTOMS

It has been noted by observers that different kinds of groups have different attitudes and different customs in regard to drinking and many other forms of behavior. This is especially true among Europeans and white Americans. In this connection observers of group behavior often use the terms lower class, middle class, and upper class.

What is meant by "levels of society"?

To understand these terms, let us look back a number of centuries. In contrast with North American Indian patterns, which will be discussed in a later section, there was a time in Europe when everyone was classed either as a member of royalty or some form of slave. Members of the royal classes included kings, princes, dukes, and other kinds of monarchs who together owned all the property. Everyone else was known as a serf or peasant or some other form of slave.

In those days, communities did not have hardware stores, drug stores, grocery stores, department stores, TV repairmen, or other kinds of merchants. People farmed and raised their own food, of which the royal landowner claimed the major part. They made their own clothes, built their own huts, and depended upon the lord to whom they belonged. There were no merchants, and so no merchant class or middle class.

Later, as a result of invention and trade, factories began to be built; merchants, bankers and other kinds of businesses became established. So today, we have rough divisions known as the working or laboring class; merchants, teachers, clerks, and the like in the middle class; and rich or upper class people. These divisions are not clear-cut, but they do lead to the observation that the customs and drinking habits of people differ somewhat in different levels or classes of society.

The lower classes include many persons who have no incomes, who are taken care of by the government or who live in institutions. They are dependent upon society. Also, the lower class includes many tramps or bums, lazy persons, and subnormal types of workers who live by stealing, begging, and constantly shifting about. The lower class includes many persons who are so poor as to lack the necessities of life, who are frequently out of work, and have to be helped part of the time by charity. Also included in the lower level are untrained

workers and the poorest of farmers. There is much sickness among this group. There is a high death rate. They carry no insurance and are unable to save anything.

Only slightly better off and included in the lower class group are many families who wear poor clothing, often wear patches, poor fit, out of style. They cannot afford to go to a dentist. Their diet is extremely limited. There is much debt among them. Among these would be many unskilled workers, semiskilled workers, garage assistants, factory laborers.

Altogether, about 30 to 40 percent of the Nation lives at this level. What do you imagine is the attitude of many persons in this lower class group toward drinking? What are their drinking customs?

In general, this group drinks heavily. Beer is a common drink. Cheap wine is a common drink. They do not look down upon a person who gets drunk. Jobs are so uncertain that there is no disgrace in losing temporary work because of being drunk. So many in this class land in jail for public intoxication that there is no stigma or disgrace in having been jailed. Arrests often result from fighting, quarreling with husbands or wives, failure to support one's children, and other violations as a result of excessive drinking. These are the kinds of persons one sees in slum neighborhoods, sleeping in doorways in cities, staggering and stumbling in ditches.

Go into a skid-row tavern or beer joint in a run-down area, whether rural or in a city. The beer parlor or tavern serves as a meeting place and for amusement. There are pinball machines, a radio, card games, perhaps pool tables. Here you will also see homeless men, migrant laborers, women soliciting for prostitution, gambling - alcoholics in high percentage.

<u>The Case of a Lower Class Adolescent</u>

After three years of picking up a living in the streets of a sizeable city, Joseph Borneo, 15 years old, sat in Ward 24 of City Hospital one afternoon, poring over an official-looking slip of paper. He was bewildered by the order which put him in a locked ward with delinquent boys and older men.

His parents had both died when he was 12, and for awhile he lived with his only other known relative, an aunt. She mistreated him, he said, and he ran away.

It seemed to him that the world was one big stage of mistreatment. He could remember the two-room, unpainted cottage in which he had lived on the edge of town. There was a big ditch nearby. They said it used to be a canal. It was full of tin cans and broken bottles. He could see his brothers and sisters milling about the ditch, making a game of smashing bottles. There were eight children. None had decent clothing. Once a year, on Christmas, they celebrated and had some fruit. Otherwise, it was "white meat" - pork fat - and bread all the time.

None of the family ever went to a movie. "Amusements" was a word he really didn't understand. But he could well recall his father reeling and angrily kicking him out of the way after slapping him with a hard, stinking hand across the nose. His mother had been little better with her shrieking and then passing out. Silence would fill the house except for the baby's whimpering. In her stupor, his mother was incapable of showing any interest in what happened to them. But he missed her when she died.

"After I ran away from my aunt," he was saying to the social worker, "I met three guys a little bigger than me. I joined their gang. They were living like I was, begging and sleeping in parks. Then I met a guy with a newsstand. I asked him to show me how to get papers. So I got a stack to sell every day. I'd generally make $1.80 a day. Gosh! I sell all the papers I can, then sleep in any empty building I can get into.

One night, when I was sleeping in the entrance to an empty store, a cop came along. He asked me what I was doing and I told him about the papers. They pick you up for vagrancy if you don't have a job or any money. So I showed him I had money. It was in my shoes. I keep it there. Someone'll take it out of your pocket if you don't.

But I was sick and the cop noticed it. I had found a bottle of tokay alongside a bum who had passed out. It was half full and I drank it. That's how I get drinks. The cop brought me here to the hospital. Now they're talking about taking me to Children's Court, then sending me to a home. Please let me go back to the papers. Maybe when I'm older I can get a room and have my own newsstand," he said and turned his head away.

Middle class drinking

At the upper level of the lower class, or at the bottom of the middle class, are families who earn enough to rent a four- or five-room,

barely furnished house. They carry little insurance, perhaps pay dues to a union, go to movies occasionally or own a television set. They buy simple toys for their children. They own second-hand automobiles which they buy on low down payments and hardly complete the last time-payment when it is time to look for another second-hand car. Included are some unskilled workers, if the wife and other members of the family also work.

More firmly established in the middle class group are families who can afford somewhat better home furnishings. They buy the cheaper makes of cars, some household conveniences such as vacuum cleaners. Instead of buying a washing machine nowadays, wives are likely to go to a laundromat of some sort, if there is such an establishment anywhere near. This group includes most of the skilled workers, the more successful ranchers and farmers, clerks, and men owning small businesses.

At the upper level of the middle class group are families who manage to rent or buy a six-room house, perhaps with a garage. Their allowance for travel, magazines, books and other advancement is small. The wives enjoy many of the labor-saving devices, including electricity, gas or oil heat, a telephone. The children are seen at least through high school. This level includes better-paid skilled workers and clerical workers as well as the less successful doctors, lawyers, and other professional men and women.

Altogether, the middle class, as roughly described here, totals around 50 percent of the Nation. What are their attitudes and habits in regard to drinking?

For this group, the holding of a job is extremely important. The head of the family generally has to be at work around eight in the morning. He is expected to be on time. His boss expects him to be alert, in good shape for work, willing to take orders. He is expected to be efficient on the job.

Drinking would jeopardize all this. His friends and associates will consider him a fool to go on frequent binges. To be seen lying in the gutter, drunk, would cause much gossip and be a real threat to continued employment. To land in jail would be a disgrace. His whole family would be ashamed to have the neighbors know that he is an alcoholic. To learn that a teenage son or daughter drinks is a great disappointment and shock to such parents.

Drinking does take place. Many of the men are salesmen or merchants who do some of their business at lunchtime where liquor is served.

You will find this white-collar, business class at lunch tables if you go into a downtown bar or cocktail lounge. The men standing at the bar are likely to be transients in this class.

Or go to a drink-and-dine tavern, generally located along main highways. The patrons are mostly businessmen. The main attraction is the service of fine foods and the fact that drinks are served at the tables. Many business deals are transacted over cocktails and steaks.

For entertainment, this class composes much of the patronage of night clubs, generally located in city amusement centers. The main entertainment here is dancing, floor shows, the enjoyment of fine food - and good drinks. Better grade whiskey, Scotch, wines, cocktails are consumed. There is much gaiety, but drunkenness is generally not allowed. Disturbers are quietly asked to leave or are "bounced."

People visit, exchange ideas, discuss politics and business, joke - and drink.

Otherwise, those in this class who do drink, do so at home, or in private clubs. Beer or a cocktail after a round of golf would not be uncommon. On the other hand, in contrast to lower class life, many members of the middle class value abstinence and sobriety. They either do not drink at all, or they drink in moderation, if they meet the ideals that prevail at this level. Within this class, there are great variations, of course, in regard to religious beliefs. Consequently, there are many variations as to attitude toward temperance and abstinence.

It is an important experience for young persons to become familiar with and at ease with middle and upper class values, for it is at these levels that one finds people who enjoy attending symphony concerts, who spend money for interior decoration and home improvement, who purchase the more stylish clothes, attend art galleries and otherwise become customers and supporters of arts and modern improvements.

How about upper class living?

When we look into the mode of life of the upper class, we see still different attitudes toward drinking, and other social customs. It is such differences that make the determination of one's own standards confusing to the young person.

One does not have to be a "millionaire" to be considered as being an upper class person. Actually, the upper class probably totals around 10 to 15 percent of the Nation.

It includes highly successful businessmen, managers of large-volume businesses, highly successful doctors, lawyers, scientists, actors, eminent writers, top-level politicians, outstanding painters, fashion designers. They are generally highly educated, widely experienced persons, considered as leaders in their professions and in the community.

Economically, they are at least moderately well-to-do. The older girls and women in this group usually spend more for clothes than the men and boys. They often try to have as good or better things than their neighbors, or live in the better parts of their community. They desire and can afford medical specialists, if health requires it. They are able to carry life, fire, and other types of insurance. They plan on savings "for retirement." They have all of the modern comforts and many of the luxuries. They represent the goal of most American business and professional people because this standard allows the things that most of us feel are desirable in life.

For those who drink, they are the ones who purchase champagne and other fine wines, Scotch, and better grades of liquors. They are particular about the way drinks and food are served. They observe the social niceties. Vulgarity of any sort is frowned upon.

At the same time, this class tends to be liberal in its attitude toward drinking. The women may drink as well as the men, but <u>not</u> to the point of intoxication or social embarrassment. Occasionaly hilarity, occasional episodes of getting tight - particularly among movie or theatrical folk - are passed over more lightly than among middle class groups. Cocktail parties, with much chatter and conversation, are popular. Dining out in first-class places, or entertaining at both large and small private dinners plays a large role in their social life. It is this group that middle class people often try to copy in styles of home furnishings, clothing, and the like.

<u>Summary</u>

Thus we see that patterns of behavior do differ considerably from group to group. Attitudes toward drinking differ. For immature young people to note these differences among adults can be very confusing. At the same time, let it be noted that the climb toward enjoyment of the better things in life, and the climb toward acceptance by successful people is easily marred by <u>uncontrolled</u> drinking or alcoholism at any social level.

DRINKING CUSTOMS IN INDIAN COMMUNITIES

The patterns of drinking among Indian communities differ in many ways from those that have been described in preceding sections. There are also differences from region to region, and tribe to tribe.

Drinking patterns of Aleuts

The pattern of drinking on a small isolated island off the coast of Alaska is one illustration of how drinking among native American people often differs from descendants of white Europeans.[1]

There are only some 56 persons in the village. During the summer the men are away working, and there are still fewer persons around. But there is much drinking, and they have been doing this for two centuries - ever since the rough Cossack Russians first came in search of furs.

The Cossacks taught the people how to make liquor out of herbs, roots, berries, and wheat that they stole from the warehouse of the trading company. Until recent years, all the drinking consisted of home brew. This is made from potato peelings, raisins, and beet juice to make it red.

During World War II, removed to a distant, safer place and unable to make their favored home brew, the people drank "hard liquor" and drank more heavily than ever. "When we were at Ketchikan," says Old John, "I paid out all my money to the bars, bootleg taxi drivers - and the judge."

Today, Old John and his fellow villagers like "to celebrate." They celebrate everyone's birthday. This gives them a chance for a celebration every few weeks at least. They "celebrate" church holy days, departure and return of villagers - and someone is departing or returning all summer long! They even celebrate birthdays of deceased persons, and all American holidays. At times they "celebrate" just because they are in the mood "to celebrate".

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[1]Berreman, Gerald D. "Drinking Patterns of the Aleuts," Quarterly Journal of Studies of Alcohol. New Haven, Connecticut: Yale University, September 1956.

At the end of summer when all the men come back from jobs, everybody gets drunk in the biggest "celebration" of the year. "I always have 10 gallons ready," says Old John about this event.

Almost all the drinking takes place at "parties." During the months of July and August alone, there may be as many as 20 parties. They start with two or three persons of about the same age in someone's shack. Perhaps four or five parties will be going on at the same time, in as many homes.

When all the brew at one party has been consumed, the group moves on to some other party and joins in. Hence, one must plan for a party well in advance, in order to get the home brew ready. There is no liquor store from which more liquor can be obtained on short notice.

Some fighting takes place, particularly over women when sexual jealousies are aroused. At parties people weep, laugh, express their affections and resentments, praise and criticize others. The talk and behavior is the kind in which the people do not engage when sober. It goes on until the "celebrators" pass out.

While the parties are going on, the children wander from house to house, circulate among the drunken adults. It is the children who must look after things for the irresponsible adults. The children watch infants, rescue things in danger of being broken, help drunks move from house to house.

This is what the people call "fun." But, like the alcoholic, there is an urge to drink until one passes out. The reasons for drinking are probably deep-seated. "There's no place to go around here," says Old John. "After awhile I just can't stand it any more. I've <u>got</u> to get drunk!"

Thus we see that this is different from upper class drinking. It is different from middle class drinking. It is more like lower class "white" drinking, but the whole village is of only one class. The entire group gets drunk. It can be expected that such a village will produce a high percentage of alcoholics, for the conditions leading to alcoholism dominate. There is much drinking, combined with much tension.

Drinking observations in a Northern Plains group

Let us take a brief look at a different region. We move to the never-ending northern plains.[1] It is an almost treeless, rolling country of dry grass. The people live in small, unpainted log or board cabins. Heat is provided by wood stoves. Furnishings vary from bare to fair, for the most part.

Here, drinking is heavier both among the men and the women than it is for whites in general. Drinking is heaviest among the young adults in their twenties. However, drinking takes place among over half of the teenage boys. For girls it is a little less frequent. Some children start drinking when under 10 years of age. Most of the youths report that their parents forbid the children to drink. But they do drink, nevertheless.

In contrast with the practice among whites of drinking in limited quantities, when the people here drink, they drink heavily. Not one or two bottles of beer; more likely half a dozen or more bottles in rapid succession. Not one or two glasses of wine, but an entire bottle!

Over 70 percent of the Indian population over 15 years of age, it is reported, are drinkers in this community. Unemployment is high. Chronic alcoholism runs into several hundred persons out of a small village population of less than two thousand. Many of the men by age 45 are simply unemployable as a result of their drinking habits. Others get short-term jobs at best, due to frequent failures to show up for work.

There is little opposition to drinking. Relatives quickly bail out drunks if they are arrested. If a barkeeper continues to serve persons already drunk, no one interferes. Half of all the cases seen in the hospital are there due to alcohol in some way.

"Over there is a man who shot himself when drunk," the doctor points out. "He was despondent because his wife threatened to leave the house." The doctor points to another patient. "He had his toes amputated yesterday. He fell asleep in the snow and froze his feet."

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[1]Whittaker, James O. Alcohol and the Standing Rock Sioux Tribe. Fort Yates, North Dakota: Commission on Alcoholism, Standing Rock Sioux Tribe, mimeo, 1961.

Stabbings, fights, blindness from wood alcohol, legs cut off by a train - these are causes of hospitalization from drinking. The court records show that every crime committed by an Indian in this area over the past 10 years was committed by a drunken Indian!

For those who do not drink, some of the reasons for their abstaining are: religious feelings, they don't like the taste, they want to keep a job and good health, they have seen the bad results among others.

Let us think back and contrast the drinking patterns here with other groups we have discussed.

Drinking in a southwestern area

Let us journey to the southwest. Here, in northern Arizona, we see two very contrasting Indian cultures. One group is the Hopi Indians. They live on high mesas and buttes, in the most compact villages in the Nation. The adjoining walls are all that separate one house or apartment from another. The people live so close that everyone in a village of several hundred knows, all of the time, what everyone else is doing.

They are thrifty farmers. Subjugated by Spanish conquistadores three centuries ago, and under constant stress, nevertheless they never took up the drinking habits of their conquerors. There is no drinking pattern. Drinking is prohibited in Hopi culture.

Surrounding the Hopis are the Navajo Indians. These people the Spaniards never did succeed in conquering. Their land is so vast, the country so rugged, the grass so thin that no villages ever sprang up there, except for limited acreages assigned to the government for offices and homes of Federal employees.

No villages. No towns. No stores. No bars. Except for trading posts, the nearest services of such sorts are from 50 to 150 miles away; until recently, over dirt roads by wagon.

Twenty-five years ago, most of the drinking was in the near-reservation towns. It was done by individuals, and the members of the group who drove their wagons for several days to get there. In town, the service station rest rooms were all locked up against the Indians. The better restaurants made the visiting Indians feel unwelcome. The merchants kept an alert eye on them if they came in to look over the goods for sale. Merchants didn't trust their Indian customers.

When the Indian family needed to rest, they gathered along a dry stream bed. Bootleggers and drinking tribesmen were always in the vicinity. There was a long-standing Federal prohibition against the sale of liquor of any sort to Indians. So the bootlegger exploited the situation.

His prices were high. The stuff was of cheapest quality. The customer kept a fearsome eye open for police. He drank the bottle in a hurry so as not to get caught. He drank it sitting on the bank of the big ditch, or down an alley. There were no social niceties. No rituals involved. Just hurried, drunken drinking. Even the little children often participated.

On the way home, there were additional bottles under a blanket in the wagon. More drinking. Finish the last bottle just before returning to within the reservation boundaries. The tribal court records, 25 years ago, showed the most frequent offenses to be disorderly conduct, liquor violations, assault and battery, adultery, resisting arrest, and similar offenses connected with drinking.[1] The attitude toward prohibition was that it was a law by the white man; let the white man worry about it. Let him keep it.

Still, drinking was limited for the most part to visits to the distant towns. On the reservation, at the religious and curing ceremonials, drinking was frowned upon by The People themselves.

Today, if you go to visit as a stranger, what will you be able to see? On the outer circles of the religious ceremonials, a high percentage of the participants stagger from drink. Arrests for fighting are numerous.

There are beer and liquor stores a few miles from the reservation border, where such stores were only in town 25 years ago. The paved roads have reduced the difficulty of going to town. The covered wagons are no more. In their place has come the pickup. Liquor is only an hour away, or a few hours. No longer is it days away.

You are likely to encounter cars on the highway, weaving from side to side like a staggering drunk, because they are being driven by drunks. Pick up the paper. You will read about Indian persons being killed or injured in a wreck. Drunken driving. You will hear about drunks on

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[1]Boyce, George A. Dineh and Government, mimeo, 1939.

the road being hit and killed by passing cars, unable to see their victim in the dark. You will find that the jails are larger and hold more drunks.

The history of drinking in the Southwest, in short, is different from what it is in many other areas. The patterns of Indian drinking are somewhat different from other regions. Everywhere things are changing.

Indian alcoholism

The problem of alcoholism has become of concern to many of the tribal councils among the Indian people themselves. A few studies have been made. Perhaps students and teachers at your school can prepare questionnaires to obtain more definite information as to the extent of the problem in their own home communities. If any scientific studies have been made in a particular tribe, writing to that tribal council will also enable the students to acquire more information.

Psychologists observe that heavy drinking and alcoholism among parents tend to increase alcoholism among the children. Also when there is conflict in the home, the chances of the children becoming alcoholics in later life are increased.[1]

When an alcoholic father rejects a son, the chances of that boy becoming a later alcoholic are increased. When a mother is alcoholic, the children can hardly escape feelings of rejection and deep hurt. Children who are reported to be potentially alcoholic show, in turn, rejection of the parents. The home gets filled with hurt and hate.

Summary

The history of drinking among Indians is different from region to region, and tribe to tribe.

Heavy drinking is widespread in many Indian groups.

The reasons for drinking by Indians are often different than among whites.

The ways of drinking among Indians are different from many white groups.

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[1]Pittman and Snyder, Op. cit. p. 416.

A substantial number of Indian societies lacks organized public opinion opposed to drunkenness. They exercise little effort to control drinking. This indifference is in itself a major cause of the extent of drinking.

With heavy drinking and with much tension prevailing, the percentage of adult alcoholics increases.

Where there is heavy drinking, psychological damage is inflicted upon the children. Young members of the group become potential alcoholics.

COLLEGE AND HIGH SCHOOL DRINKING

The problem of drinking among teenagers throughout the country is of growing concern to responsible leaders, educators, law and order officials. This is a multi-pronged concern because of the kinds of misbehavior such as robberies, assaults, and illegitimacies connected with drinking.

Up to several decades ago, drinking among male college students was to be expected by many administrators. In those days, few women went to college. Most of the colleges were for men only. Only a small percentage of the Nation's youth was admitted to college. College drinking, therefore, involved only a limited group. And it was viewed largely as a kind of prankish or passing phase for young men. It was believed they would outgrow it.

Several wars in recent times, and the fact that new business enterprises require more and more educated specialists today, have brought sweeping changes in many ways. Women take jobs in large numbers now. More women drink and smoke than in former times. Women demand "rights" equal to the males. There is greater freedom in many ways. The harsh codes of more puritanical days have been softened or abandoned.

Today, boys at the age of 18 must sign up for the draft. They feel, therefore, that they have the right to be men even though the law does not permit drinking - and many States don't legalize marriage without parental consent - for boys under 21.

Such changes rapidly cause other social changes in all directions. One result is earlier drinking by boys and girls. At the high school level, this is more critical than at the college level where the students are closer to maturity.

In a recent court case in the State of Connecticut, adults who had permitted drinking by high school students were successfully sued for damages. One of the party girls to whom they had given liquor had been killed in an automobile accident on the way home. This has caused college authorities to be concerned about their liability to suit, too, if some college student should get killed after attending a college affair at which drinking was permitted by the college.

To protect themselves for such suits, some colleges which have overlooked or sanctioned drinking for a hundred years or more, are

changing their policy. For self-protection new rules have been established which prohibit drinking at college dances, or in fraternity houses or other functions under the jurisdiction of the college. Some colleges have always placed a taboo upon drinking.

Interestingly, some studies show that alcoholism is not a significant problem in the college population.[1] There are comparatively few problem drinkers in the college-age group. Only a limited number of college students is reported as being frequent, heavy drinkers.

On the other hand, some students who come from nondrinking backgrounds, because of religious or social reasons, go further in their drinking than do students who have been brought up in homes where drinking is permitted but controlled. Youths from strict homes are sometimes the heaviest drinkers! That there is cause for national concern about problems related to drinking is evident in many ways. The growing number of severe traffic accidents and fatalities, often related to drinking by youthful drivers, is a case in point.

Insurance companies charge several hundred dollars more for minimum insurance coverage for drivers under 25 than for drivers over 25. Some young drinking drivers are unable to get insurance at any cost because of their previous records of accidents and traffic violations. This prevents them from any legal driving in States which require all drivers to carry some insurance.

Other associated problems at this age level are of general concern. For example, it is reported that out of every 100 students who now enter college, only 60 remain to graduate. Out of every 90 in college, there are 10 so emotionally disturbed as to need medical or psychiatric treatment! College students today carry a lot of unmanageable problems. Trying to escape such problems by drinking leads to alcoholism.

Many high school and college students seem to come to school with rigidity in thinking, lack of real desire to learn, and with complicating prejudices. Such obstructing behavior habits interfere with their adjustment. As stated above, it is estimated that about ten percent of college students in the general population are so unable to cope with their emotional difficulties that they need professional psychological treatment. Another 30 percent or more need professional counseling services.[2]

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[1] Pittman and Snyder, op. cit. p. 251.

[2] Dr. James A. Paulsen. "College Students in Trouble," The Atlantic Magazine. Special supplement on Mental Illness, July 1964.

Some persons think that personal emotional problems and bizarre behavior are necessary to the creative or artistic student. Some young persons today try to attract attention to themselves as independent, "free" thinkers by bizarre dress or haircut. On the other hand, psychologists point out that creativity is actually impaired and hindered by the obstruction of mental turmoil. An environment involving cooperation and coordination between the members of the faculty, between students and staff, between school and community, between home and school can promote maximum progress toward mental development, emotional security, and behavioral maturity. Creativity within such an atmosphere has the best chance of being on-going creativity and responsible freedom.

For the student whose general mood is go, go, go - man, there is need for a mood of relax, relax, relax - man, for the development of sound mental health.

Among non-Indian high school students, teachers commonly find their services diverted by the throwing of chalk, scuffling, noise, and other student activities that stop efficient teaching. These things usually don't happen on the part of Indian students. This is a real credit to Indian youths.

Summary

Antisocial acts by Indian high school students appear far fewer than among many other high school youth.

Over the Nation, drinking at high school ages is a matter of considerable concern.

Because of the kinds of problems experienced by young people of college age today, drinking by many students can seriously aggravate problems of mental health.

Drinking among college students is less than is often considered to be the case. Many students say "No" to the opportunity to drink and are respected for it.

DRINKING AMONG INDIAN YOUTH

In the fall of 1964 a questionnaire was prepared and given to Indian high school students representing many tribes to get a few facts about their drinking. Replies were obtained, anonymously, from 251 students. Of these, 152 were boys and 99 were girls.

What are some of the facts as revealed by this study?

1. There did not appear to be much difference between any of the grades. It was about the same in grades 10, 11, and 12.

2. Among the high school boys, all but a handful admitted to having started their drinking in their early teens. Some started drinking as early as 9 or 10 years of age.

3. Among the high school girls, only about 28 percent did not drink before reaching high school level. In other words, over two-thirds of the girls admitted to having had drinks before high school.

4. From the above responses to the questions, it may be concluded that a very high percentage of students, both boys and girls, drank before entering high school. By the close of high school, most of the Indian boys and girls had taken alcoholic drinks.

5. Asked to check what kinds of alcoholic beverages the individual had drunk, it appears that beer, wine, vodka and whiskey are all consumed. It is not known from this study how much more frequently one kind of beverage is drunk than another. From casual conversations, one may presume that beer in large quanitities and wine are most frequently drunk by Indian high school students. This will vary with the individual.

6. A total of 26 boys admitted having drunk with their parents at home, and 68 boys admitted having drunk with adults in their drinking prior to entering high school or college. This seems to confirm other studies about attitudes of Indian adults toward drinking.

7. Among the girls, 14 admitted having drunk with parents.

8. With whom do Indian students drink? From the responses of the boys, it appears that boys drink more with other boys and adults than they drink with girls. Some boys definitely look down upon a girl who drinks. If such a boy does drink with a girl, it is often not the kind of girl he has in mind for marriage.

9. Girls, on the other hand, drink with other girls and with boys in about the same frequency. It looks as though drinking girls will drink with boys if invited or if they get the chance. Otherwise, they drink with other girls.

10. Only a handful of girls admit to drinking alone. Drinking alone is one of the danger signals to becoming an alcoholic.

11. A total of 28 boys admit to drinking alone at times. This seems to confirm our previous discussion of the danger of a high number of Indian boys moving toward alcoholism.

12. One question related to the frequency of drinking by each student. From the answers, in which there was some confusion, it would appear that a very large number of the students in the fall of 1964 had been drinking more than once; some of them four or five times or more within the first few months of school. About every weekend, an average of 15-20 students admitted drinking.

13. Asked if they had been in trouble with law or school officials about drinking in their home communities, 8 girls and 41 boys said "yes," they had.

14. As to punishment about drinking if enrolled in a boarding school, about one-fourth of the students stated they thought a <u>final</u> <u>warning</u> should be given to any student as soon as found to be drinking.

About a dozen boys and half a dozen girls recommended immediate expulsion of drinkers from school. On the other hand, the great majority recommended that schools try to help the student who has been found drinking.

Most students expressed agreement that drunks be sent to jail only if fighting and making real trouble.

Some student opinions were reported from class discussions about drinking. For example, some reasons given for drinking by Indian students included: for "kicks," does not want to be called a sissy, to feel happy, to forget, to get up courage to dance, boredom, to relieve feelings of inferiority, and to experiment.

Many students commented that they do not like to see a girl drinking. They seem to feel it is not bad for boys to drink. But they do not think it is good for anyone to get drunk.

Some students affirm that in their home community all the adults drink. Some students state that at home an uncle or some other adult in the household insists that the student have a drink, whether the student wants to or not.

One student made this observation: "My father used to drink and then he almost got killed. It changed him and he quit drinking. He joined the church and built us a new house. You can see the difference between our place and the one next door. Next door they drink and they never have anything good." Some people <u>do</u> learn!

<u>Summary</u>

The facts about drinking among Indian high school students seem to be in line with the findings in other studies about drinking in Indian homes and communities.

It is suggested that students engage in frequent study and discussion of problems of alcohol as they affect them personally. Discuss specific cases. Discuss how drinking affects society in general, and particularly how it affects the reputation of Indian people and Indian community life.

THE ROLE OF EDUCATION

The seriousness of uncontrolled drinking and alcoholism is further emphasized by the fact that there is no known sure remedy. The situation is something like the search for a cure for cancer. A lot of research is being undertaken. No real remedy has yet been discovered! In some cases, certain methods seem to help, but no one is sure in advance.

The situation should not be considered hopeless. But the near-alcoholic and any drinker who cannot control his drinking may well consider this basic fact: Lose control and you run the risk of not being able to regain it.

Punishment doesn't work

Students may wonder about the position taken by school officials. Why aren't students put in jail immediately? For a second offense? Why isn't a drinking student "restricted" and withdrawn from all extracurricular activity except going to classes? Why isn't such a student given some form of extra work for punishment? Why aren't drunken students immediately expelled and sent home for punishment?

These are good questions to raise and look into. But let us look at experience with punishment. Here is a case cited in a news article which gives a pretty good answer to the failure of even severe punishment:

> "When he is able to work, DeWitt Easter, 59, is a skilled plasterer who can earn $175 a week in Washington, D. C. But DeWitt Easter is seldom out of jail and sober. An alcoholic whose father was an alcoholic, he has been arrested 70 times for public intoxication. . . .The fact that 70% of the arrests in Washington, D. C. involve repeaters like Easter suggests that Washington's anti-drunk laws are more punitive than preventive."[1]

Now the city of Washington is considering spending less money for housing offenders in jail, and more money on experiments aimed at prevention. Thus, sending a drinking student back into a home or community

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[1] Time Magazine, op. cit. p. 52.

situation which led to his drinking only removes the student from any immediate hope of helping him.

Prohibition hasn't worked

Prohibition was tried many centuries ago in South America by ancient Aztec Indians, in ancient China, in feudal Japan, the South Seas islands, Scandinavia, Russia, and in the United States. The United States typifies one of the most recent efforts involving nationwide prohibition.

Before this, towns and counties and States tried prohibition. It was never effective. It only made persons who drank travel further for liquor and resort to subterfuge. Then came nationwide prohibition. This law was passed during World War I. It was claimed by opponents that the move was led by women and that they took advantage of many men being off to war and unable to vote.

What happened in the era of prohibition has been the source of many stories about crime, about bootlegging, about lawlessness, burglary, hijacking, even murder. About the sale of wood alcohol and other poisons under the false label of good liquor. About widespread making of home brew and so on. Prohibition didn't work! Finally, in 1933 the law was repealed on the realization that prohibition rather than improving the situation actually made it worse. A few years ago, Oklahoma, which was the last "dry" State, gave it up.

Prohibition against selling liquor to Indians was the law of the land for years and years. During the past decade this Federal law was finally repealed as never having been effective. It has been generally concluded that prohibition could succeed only in a situation in which the people themselves all agreed upon new attitudes and new values concerning drinking. This could happen only with great difficulty and only in some remotely isolated, small community - perhaps on a remote island.

Certain restrictive laws, however, do succeed. Thus restrictions against liquor being sold on Sundays or holidays, or after certain hours are effective wherever there is vigorous effort exercised to uphold the law. However, restrictions against selling liquor to minors are often violated and are difficult to enforce.

One form of successful restriction is followed by colleges in not permitting students on athletic squads to drink. Athletes are required to pursue strict training. This affects a very small percentage of persons and is a very limited restriction.

Preaching is ineffective

Efforts involving street-corner harangues, lectures, freely distributed pamphlets, and similar activities are often viewed as insincere, bigoted, or sanctimonious. They get tiresome to members of the audience. Listeners tend to fall asleep or fail to pay attention or avoid such gatherings.

"Pledges" for abstinence, obtained under an atmosphere of pressure on such occasions are generally violated. Such methods may be added to the long list of approaches which are uncertain in results.

Medical science offers no sure cure

Physicians can provide an alcoholic patient with pills which react with alcohol and make the drinker sick. Liquor doesn't taste good if one takes the pills regularly. But pills don't work with persons who won't take them!

A physician may warn a sick patient about developing cirrhosis of the liver or some other serious physical ailment as a result of excessive drinking. But there is no way to compel a person to take such medical advice.

Similarly, a psychiatrist or other counselor may have valuable assistance to offer, particularly to a person whose inner tensions have been a contributing factor to excessive drinking. But neither does psychology have any sure cure or preventive for alcoholism.

How about substitute activities?

Athletic exercise, dancing, reading, joining a club, pursuing hobbies. These and other activities have been tried as diversions from excessive drinking. Such recreational alternatives are wholesome and good in themselves. Unfortunately, they are not sure substitutes for drinkers. Substitute activity does not necessarily put a stop to drinking.

Alcoholics Anonymous has had greatest success

The organization known as Alcoholics Anonymous, or just AA, has helped a number of alcoholics to stop drinking. This group believes that the only way for an alcoholic to deal with liquor is to abstain. Leave it completely alone.

AA is a group whose membership consists only of alcoholics. Those members who have stopped drinking still consider themselves as "alcoholics." They all volunteer to render help to anyone who seeks their help. Generally, the kind of person who seeks help from AA is one who has hit bottom, and who reaches out desperately for help.

It is reported that the program has been more successful with whites who are descendants of Anglo-Saxon Europeans than with other groups. The central idea is for the alcoholic to believe in an all-powerful God, and to admit that handling of the drinking problem by the member requires a search for God's help.

The program is available only to those who seek it. One who is interested can generally find a phone number of a member to contact. While the program has been successful with a large number, the majority is said to backslide sooner or later. So, this too, is worth trying by an alcoholic, but the results never can be guaranteed.

Personal values are crucial

It is apparent that no person and no method can solve an alcoholic's problem. Pills, shots, and medicines can prevent or cure diseases like smallpox, diphtheria, whooping cough, et cetera. But cure and prevention of uncontrolled drinking is a personal problem. If it is to be "solved," the solution must finally come from the individual.

A particular individual may not, by himself alone, be able to resist excessive drinking. He may need help. Still, it is the individual who must seek help. It is the individual who must engage one's self wholeheartedly in making improvement. Hence, it is in personal values that the crucial decisions toward drinking reside.

What is meant by personal "values?" Illustrations are one's attitude toward drinking. Your own attitude. Do you think it is a good thing? Is it a good thing for you? What is your attitude toward holding a job? Is getting drunk more important to you than holding a job? Is having the respect of your children more important, or less important, than getting drunk? Does saying "yes" to your buddy, who suggests you join him in getting drunk, provide you more satisfaction or less satisfaction than things you would be gaining by saying "no?" In short, what do you value the most? Do you have the courage to say no?

Can education help?

It is a serious question as to how effective education can be. When everything else fails in a social problem, people more and more turn

to education for solutions. This does not necessarily mean only education in schools.

Values among very young children are first shaped in the home. The home can be a strong educational influence. Breakdown in a home is a handicap to the children of that family.

Values are shaped also by one's neighbors and other members of a community. These influences are not under control of the schools.

One of the strongest influences in molding values among teenagers is the teenagers themselves. Adolescent youths are strongly influenced by their own age group. What teenagers think and do may easily offset what the school, home, or community think. This is both a possible asset and a possible danger.

Because of all these crosscurrents, the question is: Can intoxication be reduced among youths today by education and information about the consequences of drinking? The answer is that no sure educational method has yet been found!

What then? In such a situation there is only one thing to do. Those who are concerned must pursue further experimentation and research, maintain hope, and continue to search for rewarding methods.

Important ideas behind this search are:

(a) An alcoholic is a sick person.

(b) An alcoholic can be helped. We must seek a way.

(c) An alcoholic is worth helping.

In any educational program, however, it is important for both students and instructors to have common goals and to know what the goals are. An educational goal on which all authorities agree as necessary for the person of alcoholic tendencies is, first of all, to learn to abstain from drinking. Quit!

One may still ask, however, what is controlled drinking for drinkers?

One authority makes this observation: Normal or controlled drinking is drinking in which the person does NOT drink to change his normal behavior and does NOT seek to feel differently.[1] Looking back upon

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[1]Cain, Arthur H. op. cit. p. 175.

the reasons given by students for drinking, we recall expressions like: not to feel lonely, to forget, because one is mad at someone, to feel brave, and so on. The reasons given were to drink for the purpose of changing one's normal behavior and feeling. This is NOT normal or controlled drinking.

How much can one drink and not violate normal or controlled drinking? This varies with individuals. And with what one is accustomed to drinking.

Recognizing such differences, a rule of thumb given by one authority[1] is not to exceed the following maximums:

An aperitif (cocktail or wine) before dinner.

A glass of wine with dinner (white with fish; red with meat).

A liqueur after dinner.

An occasional extra frivolity on a special occasion, with one or two whiskies.

Perhaps once a year, such as New Year's eve or on some other holiday, a brief occasion for getting "high."

These maximums, of course, relate to adults, and after long, hard days of work.

Here again, each individual must determine for one's self what is controlled drinking for me? Is it abstinence? What are the kinds of occasions on which you think that you, as you reach adulthood, can control drinking? What are your goals?

Some suggested educational experiments

A number of things can be tried by schools to help students become familiar with basic knowledge about alcohol and its uses, and to develop their own scale of values. Some suggestions are:

1. The rule that drinking is prohibited by all students, regardless of age, while in school can be publicized in memoranda to staff, memoranda to students, and in a handbook printed especially for students.

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[1]Cain, Arthur H., ibid.

2. Much counseling can be given to the student body and to individual students by members of the staff.

3. Some students might be given professional counseling by a school psychologist.

4. Several assemblies of the entire student body and instructional staffs could be held at which student problems are the topics.

5. Smaller group discussions by students, led by staff members, might be held.

6. A committee of employees might meet regularly, like twice a month, to discuss the general problem of drinking and particularly problems of drinking among their students.

7. A staff committee on education about alcohol can be appointed. This committee can assemble and study publications on the subject.

8. Staff members might sometimes volunteer to work late hours or on weekends helping to handle students who are inclined to get involved in drinking.

9. The City Judge might be invited to address the student body.

10. The School Superintendent might experiment with holding a series of six one-hour seminars with students who have a drinking problem.

11. Some students whose records have included frequent intoxication together with other problems may have to be dismissed.

12. Employees who have problems of uncontrolled drinking may require special handling.

13. Liquor stores may be patrolled by staff members on special occasions to prevent student sales.

14. Effort can be devoted by staff to organizing dances, athletic teams, clubs, and other activities to give students a variety of things to do in leisure time.

15. Law and Order officers may be invited to talk to the students.

Surely, students and staff can cooperate in suggesting many other educational activities.

Some questions for student discussion

Discussion of behavior problems by adolescents with adults is a fundamental need. Lack of communication between generations, and withdrawal into silence is a cause of much emotional disturbance among adolescents. Young people should be able to talk candidly and freely with parents, with clergymen, with educators. Let us continue to talk, talk, talk! And think, think, think! This is our best hope to make teenage the keen-age.

SUGGESTED SCHOOL POLICIES CONCERNING STUDENT DRINKING

Let us briefly review and summarize the problem of drinking today, and some of the facts discussed in this report.

Alcoholism means uncontrolled drinking or drinking that is creating additional personal problems.

The heavy drinker or alcoholic is generally one who has little difficulty in obtaining alcohol and who is troubled by personal difficulty in facing life.

Heavy drinking is widespread in the USA. Alcoholism has reached disturbing proportions.

The ways in which people drink differ among different groups and different classes of society. Drinking customs are not the same in all communities.

Uncontrolled drinking is high in many Indian communities.

Heavy drinking in Indian communities combined with personal problems among individual members makes it easily possible for individual Indians with alcoholic tendencies to become alcoholics.

Drinking among adolescents is becoming more common in the early teens.

Drinking is connected with many other antisocial acts, juvenile delinquency, and crime.

Many Indian students list drinking as their Number 1 problem.

Children are confused over different kinds of behavior on the part of adults in regard to drinking.

Uncontrolled drinking by parents often leads to emotional disturbance developing among children.

Neither science nor experience has discovered any sure method of dealing with or curing uncontrolled drinking.

Most success in reducing uncontrolled drinking has been obtained only when the drinker realizes he has hit bottom and is hooked by the

habit. Success is more possible when he knows he cannot handle liquor and seriously seeks help.

Once an alcoholic, there is no sure road for turning back and recovering. Play safe!

The behavior of any individual is directed by the "values" which the person himself holds. Controlled drinking results from a person having values which he feels more strongly about than the values resulting from impulsive, heavy drinking.

Since personal values grow out of educational opportunities and personal experience, all educational influences - home, community, church, school, and adolescents themselves - have a role to play in helping young people to acquire fruitful values.

The responsibility of schools

Educators have a responsibility to see that students are familiar with the physical and chemical facts, the personal complications and consequences, the social and economic problems regarding uncontrolled drinking. It is desirable that the school establish a well-considered policy of education and behavior expected by students. It is often fruitful to develop the school policy and expectation with widespread student participation.

Schools today must perform many of the services formerly provided young persons in good homes. Hence the school if often operating temporarily as a parent. For many reasons, colleges and public schools are increasingly becoming aware that they, too, must exercise some authority over behavior of students in addition to teaching subject matter.

Although young people tend to test rules and often drink as a form of rebellion, schools must establish rules and maintain them. Generally, the majority of young people agrees with well-established rules.

It is better to discipline individuals rather than to discipline an entire group for violations by a few members. Frank discussion between staff and the student body as a whole, and between staff members and individual students, is an essential part of the educational responsibility of a school.

Although heavy drinking is common in some communities, the Nation as a whole cannot approve any behavior that weakens the country and

impairs the mental health and productivity of citizens. The USA cannot afford to have a large segment of the Nation dependent upon relief, in jail or other institutions, and unfit for necessary civilian or military service.

Lack of coordination among members of a school staff in its stand on drinking habits will defeat any educational effort. A middle-of-the-road policy is one that involves frowning upon drinking by any student. At the same time it does not involve harsh punishment, or immediate dismissal back into home-drinking situations. The middle-of-the-road policy assumes, in short, an <u>educational</u> responsibility as a basic purpose of a school.

Since no <u>sure</u> educational, restrictive, or curative methods are known, a school must engage in constant experimental effort to develop and try out every educational means that it can create. Let us consider some specific, practical measures.

Let it be remembered, for example, that drinking by any student under age 21 is a violation of the law. When a person 21 or over offers a minor liquor, that also may result in charges of contributing to the delinquency of a minor.

When a student violates the law or school rules, counseling and firm disciplinary action are to be applied. Disciplinary action should be appropriate to the offense. Damaged property should be repaired or paid for. Violent and unmanageable students can expect police action.

Since drinking by any minor is considered antisocial, the search for corrective behavior should involve better and more productive use of a student's time. For this reason a drinking student may be restricted from regular school activities (both classwork and out-of-class activities) and be given other educational assignments.

Disciplinary action should properly allow exercise of judgment and vary with the individual and with circumstances. Discipline should try to take an <u>educational</u> direction, such as restriction from activities in which the student is not ready to participate dependably, conventional penalties, required participation in group discussion, required constructive use of free time through reading or other activity, voluntary service for others, et cetera.

Students recognized to be beyond therapeutic and remedial counseling services available to a school may necessarily be turned over to the jurisdiction of other community agencies. This would be the case of willful repetition of drinking on the part of a student, or obvious unwillingness to respond to counseling.

QUESTIONS FOR SPECIAL DISCUSSION

Following are some questions to assist in promoting small group discussion between students and adults. Another use that has proven successful is to request each student with a drinking problem to (1) read this booklet several times, with group discussion, and (2) prepare carefully considered written answers.

IF YOU DRINK:

1. Where do you drink?
2. What do you drink?
3. Why do you drink? Does drinking help?
4. When do you drink?
5. When did you first start drinking? Under what circumstances?
6. What happens during the course of your drinking? The details? The consequences?
7. How often do you drink?
8. With whom do you drink?
9. What is your attitude toward drinking? Is it good for people? Is it all right? When is it <u>not</u> all right?
10. How can drinking be reduced?
11. What should be done with students when they have been drinking? Or while they are drunk?
12. How do Indian people look upon drinking where you come from? Upon alcoholics?
13. How do some communities look upon intoxication? Upon minors drinking? Upon women drinking?
14. When should a school "give up" and expel a student because of drinking?

15. Is it true that some persons can't quit drinking? Is it habit-forming?

16. Are there other activities that might substitute for drinking?

17. What satisfactions do drinking provide?

18. What are some differences between drinking moderately and getting drunk?

19. What is meant by "moderate" drinking?

20. Are there some religions, some tribes, some communities who look down upon drinking?

21. What are some reasons for people drinking?

22. Are they <u>good</u> reasons? Does drinking help?

23. Why do some people who drink not get drunk?

24. Why do some people not drink at all?

25. Why do schools discourage drinking by students?

26. What do you students think are reasons for schools' dismissing students sometimes?

27. How serious do you think are the consequences of a student being dismissed from school - or from a job - for drinking?

28. How does intoxication affect the reputation of a student? Of a tribal leader? Of an Indian group?

29. What is the attitude of your student body toward a boy who gets drunk? A girl who gets drunk? A student who gets jailed and fined for drinking?

30. Does drinking make a boy more popular? Does drinking make a girl more popular?

31. Is drinking a widespread problem among Indian tribes? Among non-Indian people? All over the world?

32. Are there parts of the world where drinking is frowned upon?

33. How can students <u>help</u> other students with drinking problems?

34. How can a student help himself in "controlling" drinking?